BREAKFAST ACTIVITIES

Name

Today’s date is

The day of the week is

I have eaten breakfast ________ times this week

A fruit that I have eaten at breakfast this week is

My favorite breakfast this week has been

DRAW A PICTURE OF YOUR FAVORITE BREAKFAST FROM THIS WEEK!
How many healthy breakfast items can you find?

A healthy breakfast includes fruit or vegetables, grains, and protein. Can you name the foods below?

Bonus: Can you circle which foods are fruits? Can you underline which foods are grains?